

Chakras and Kata.

What is Chakra?

Apart from the physical body, we also have an energy field that completely surrounds us that is known as the 'aura'. We also have energy centers, known as 'chakra', that pick up the universal energy and distribute it throughout the physical body and aura.

The word chakra is from a Sanskrit word, which literally means 'wheel'. A chakra is a vortex, a constantly revolving wheel of energy. There are seven major chakras that run in a line through the body from the base of the spine to the top of the head.

Each chakra has consciousness and function. When the person is out of balance physically, emotionally, mentally or spiritually, the chakra system can be affected depending on the person's belief structures. Thus Chakra can be either over-extended or under-extended. Over-extended chakra makes the person difficult to relate to the chakra's consciousness and its function. When a chakra is under-extended, it prohibits the person from accessing the chakra's purpose.

Example Aspects of over-extended chakra

- Over reactive, too emotional
- Lack of boundaries
- Depending on people
- Cannot separate someone's issues and own issues
- Cannot be alone

Example Aspects of under-extended chakra

- Separation from other people
- Feeling of isolation
- Lack of emotion
- Lack of personal power and personal will
- Shyness

While there is much confusion surrounding the talk of energy and how to activate it in kata there seems to be a lack of understanding of what it is all about in the first place. Energy in our bodies runs at a level that most people cannot see. But everyone is attuned to energy in some way.

E.g. as in coming home to a house filled with someone's bad mood. You don't have to see it or even see the person's facial expression. You can just feel it. The same thing goes for kata.

Kata can be used to calm you down when you feel anxious or aggressive and then it can be used to lift you up when you feel low or under spirited. One of the energy sources that our body works from is called the chakras.

There are seven main ones that the average holistic practitioner works with even though a lot more exist.

Tensho kata, can at times, depending on what is going on in your life, make you feel light and happy and it could also make you feel like breaking down in tears.

Sanchin kata on the other hand could also make you feel strong and confident or even angry and aggressive. Each kata can also create the opposite of the above mentioned emotions depending what disposition of energy you may carry more of with you.

Sanchin can make you feel energized just as tensho can make you feel relaxed and sleepy. This is a solid indication in itself that Sanchin kata and tensho kata need to be done back to back. The energies need to be balanced.

Sanchin kata seems to be directly linked to our sacral chakra. This is the source of our self esteem and how we see ourselves (EGO). Too much energy in this chakra will make us feel over confident, powerful aggressive, egotistical and overly sexually driven. Doing Sanchin kata without tensho kata will help to promote this energy and over time will affect our characters and personality.

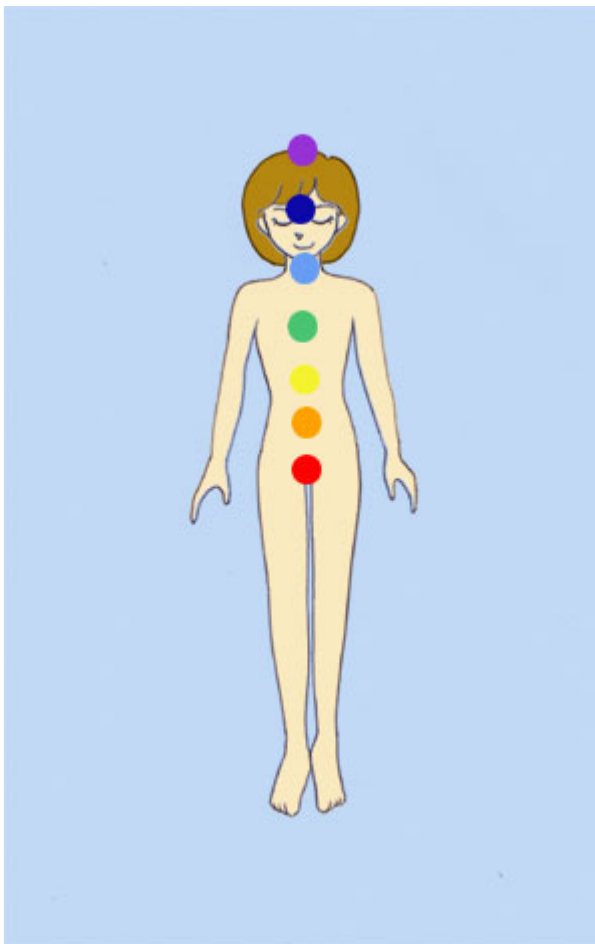
Tensho kata seems most directly linked with our heart chakra. What we need to understand here is that the heart chakra is at the centre of all physically placed chakras. This is linked with our emotions and feelings of the heart sensitivity or lack of. An imbalance of this chakra will lead to making all the wrong decisions based on our emotional state at the time. Hence, this is the reason why if tensho is done on its own, it can create a sense of calmness and light headedness because there is an over stimulation for contentness and peace, taking away from reality. Both these kata s will work on stimulating all the seven main chakras, but are driven I believe from these 2 particular chakras.

I do believe however, that it is important to understand not just where these 2 energies come from and why, but to understand that an over stimulated or under stimulated chakra does interfere with the rest of our chakras. So as we do kata we need to have a focus, not on just the techniques and what the applications are, but also on what emotions we are feeling when we do these kata s. Once we realize how important energy training in our martial arts really is, we can then go on to learning how much more we can influence people's energies through strikes/pressure points and even healing (acupressure as an example.) However we need both in conjunction, so as to equal the balance of energy each chakra puts out and receives. If there is an over abundance or minimum out put of energy in any chakra, then physical, mental and emotional issues do arise and occur.

As we are all an energy source inside a fleshy shell, doesn't it make sense to utilize the exercises we have to keep these energies working at optimum levels and peak performance?

Why would you consciously use diesel in a petrol motor. The engine will suffer. So is the same for our bodies. The diagram below shows the green color as to where the heart chakra is. And the orange marking shows where sacral chakra is. REMINDER>each chakra activated also stimulates its corresponding chakra unintentionally so a clear understanding of what we are doing is required. Professional practitioners are recommended if we are to go down this road.

🌸7 Main Chakras🌸



Chakra

- 🟪 Crown Chakra
- 🟦 3rd eye Chakra
- 🟩 Throat Chakra
- 🟩 Heart Chakra
- 🟨 Solar Plexus Chakra
- 🟠 Sacral Chakra
- 🔴 Base Chakra

CHAKRA'S FUNCTIONS

Base Chakra

Functions	<ul style="list-style-type: none">● To connect with daily life and physical world● To function survival issues such as shelter, money, food, clothes etc● To grounding to the earth and connecting to the earth energy● Family and cultural patterns
Color	Red
Element	Earth

Sacral Chakra

Functions	<ul style="list-style-type: none">● Relationship● To store childhood trauma● Sexuality, intimacy● Creativity● Possession
Color	Orange
Element	Water

Solar Plexus Chakra

Functions	<ul style="list-style-type: none">● Power● Accomplishments● Courage● Self-esteem, self-worth and self-confidence● Emotional stability● Manifestation● Personal Will
Color	Yellow
Element	Fire

Heart Chakra

Functions	<ul style="list-style-type: none">■ Compassion■ Unconditional love■ Self-love■ Empathy■ Giving and Receiving Love
Color	Green/Pink
Elements	Air

Throat Chakra

Functions	<ul style="list-style-type: none">■ Communication■ Speaking own truth and Listening someone's the truth■ Expression■ Creativity■ Spontaneity
Color	Blue
Elements	Ether

Third Eye Chakra

Functions	<ul style="list-style-type: none">■ Clarity■ Intuition■ Spiritual Vision■ Discernment■ To be open-minded to see other people's point of view■ Perceptions
Color	Indigo
Elements	Akasha

Crown Chakra

Functions	<ul style="list-style-type: none">■ Spirituality■ Connection with universal energy■ Connection with higher-self■ Communication with universe■ Wholeness/Oneness
Color	Violet/White
Elements	Fohat